**Beach Volleyball**

The following information has been provided by the Adanac website (2012).

* **Assistant Experience Required**

There is no previous experience required for the assistant when running this activity.

* **Participant Experience Required**

Participants do not need prior experience within the area of beach volleyball.

* **Aim**

Beach volleyball is a sport played by two teams on a sand court. Teams can include 6 players on the court at one given time. According to, Beachvolleyball.com.au (2011), the aim is to send the ball over the net in order to ground it on the other team’s court. Teams will work towards preventing this effort by the opponent.

When playing this activity, teams are only allowed to touch the ball three times before hitting it over the net. To begin play, a server will hit the ball from behind the rear court boundary. The rally continues until the ball is grounded on the court, within the boundaries, lands out of the boundary or is not returned properly (over three hits upon return, a carry where the player cups the ball).

Points are received when the team wins a rally, the winning team will then start the service for the next play. The players on the team, serve in the same sequence throughout the course of the match, changing a server each time a point is won. (Beachvolleyball.com.au, 2011)

* **Before you start**

Before commencing the activity, it is essential to ensure the playing area, both in and around the sand court are free of any hazards. These hazards may include, sticks, branches, litter etc. Once court is deemed suitable to play on, all participants will require a description of the rules and scoring system before commencing the activity. A rundown of these alongside, a few short drills to practice serving, setting, digging and spiking will take place before the game begins.

**References**

Adanac. (2012). Teacher Resource Manual. Retrieved 9th August, 2012 at; <http://adanac.cyc.org.au/files/2010/08/Adanac-school-booklet-May-2012.pdf>

Beachvolleyball.com.au. (2011). *Tips and Tactics.* Beachvolleyball.com.au. Retrieved 9th August, 2012 at; [http://www.beachvolleyball.com.au](http://www.beachvolleyball.com.au/)